Baked Peaches

Baked peaches can be made with either canned or fresh peaches. If made with canned peaches, additional sugar is not necessary. Fresh peaches are sometimes picked too soon and may be hard rather than soft, even when their skins are the color of ripe peaches. This is why I tend to bake them, no more wondering if they are soft enough to eat. This recipe can be used to create a quick peach pie or cobbler mix to pour into a ready to eat pie shell. It is not necessary to remove the skin, if the peaches are well washed.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation
- B. Stay with dessert

Meal Adaptations:

Physical Accommodations:

Visual Accommodations:
- Brightly colored knife and cutting board

Potential Food Allergy or Intolerance:
- Peach (fructose)
- Sugar (diabetics)

Meatless Preparation Avoid:

Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: Microwave safe bowl

Note: To bake in oven follow the oven guidelines in the pie section.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
- 1 peach
- Dash of salt
- 1 tablespoon of white sugar

Preparation time: 10 minutes

Preparation:

1. Wash 1 peach thoroughly.
2. Carefully slice a peach into 8 slices.
3. Arrange in a microwave safe bowl.
4. Sprinkle 1 tablespoon of white sugar on the apples.
5. Add a dash of salt.
6. Cover bowl and place in microwave.
7. Cook until tender.

Cook Temperature: Regular microwave temperature.

Cook Time: About 1.25 minutes

Servings: 2

Storage Solutions: Round containers in individual servings

Counter safe: 30 minutes to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.